

Running

Running is a natural action.

Sprinting is a cultivated or developed action.

The Shuffle

The shuffle is an easy type of run, slower than a walk, in a relaxed + effortless position.

The Jog

The jog is a form of running used before any strenuous sprinting or any other track events. It also has an easy rhythm and movement. The body bent slightly forward at the hips, the arms moving out + up as far as the shoulder + down + back as far as the hips. The legs take easy springing steps forward on the balls of the feet. Knees fairly high and relaxed. (Do not stride.)

Five fundamentals of running.

1. Run in a straight line.
2. Run on the balls of the feet.
3. Keep feet close to the ground and knees slightly flexed.
4. Body should lean forward from the ankles at an angle of 75° .
5. Arms move out + up to the shoulder + down + back as far as the hips in an easy rhythm, the shoulders + arms relaxed.

Sprints

Seven Points to Remember.

1. Run Straight.

Draw two parallel straight lines about 8 inches apart, and from 10 to 12 yds. long. Use this as your running lane - not very wide and not very long. Learn to run 10 yd. correctly & the rest will follow.

Decrease the width of your running lane from 8 to 6 inches and then to 4 inches and keep inside it. Later practice running down a single line. Do not look at the line while running, but have a partner check whether you are running straight or not.

2. Run on your toes.

Practice walking on the toes, skipping and hopping. All these actions strengthen the muscles you will use when sprinting.

3. Keep the feet as near to the ground as possible.

Don't raise the knees too high, & kick up the heels behind. Run with a light springy stride, but don't bounce; it wastes time & energy.

4. The Body Must Lean Forward.

This will help you to increase your speed and to run on your toes!! Take a stick 5 ft. long, place it upright

Keeping the bottom steady move the top forward 14 inches from the perpendicular line. This will give you roughly an angle of 75° , and the stick now shows you how your body should lean forward when running at full speed.

5. Use Your Arms Vigorously.

Straight out and back like the piston of an engine. The arms should be bent, hands clenched, and the knuckles of the two hands should be kept from about 4 to 5 in. apart. The elbows should never wander away from the body like a pair of wings.

6. Use the Shoulders.

The combined movements of the arms and shoulders will help you to do section 2 and 3 correctly.

7. The head should be inclined forward in line with the body.

Head should be kept as still as possible.

Relay Racing - 2 types.

1) Shuttle Relay - usually 4 or 6 runners 1 & 3 — 2 & 4, on a small field.

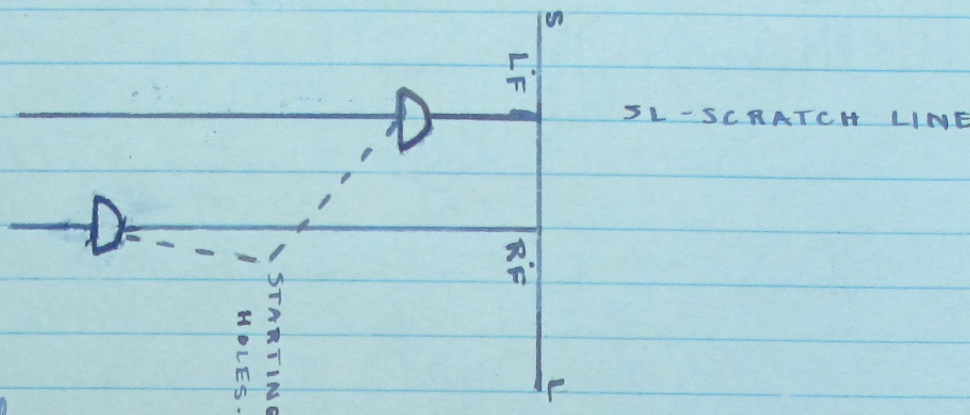
2) Pursuit Relay - any number of runners. Used for 440 yd. & more.

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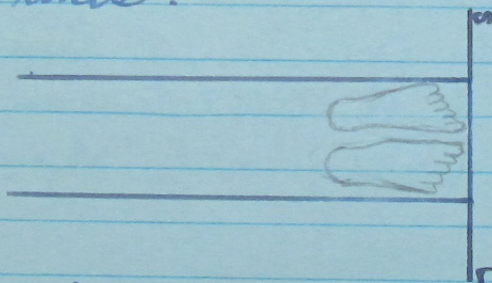
Crouch Start.

1. "On your marks" - A position of comfort.
2. "Set set." - A position of alertness.



The Two Holes.

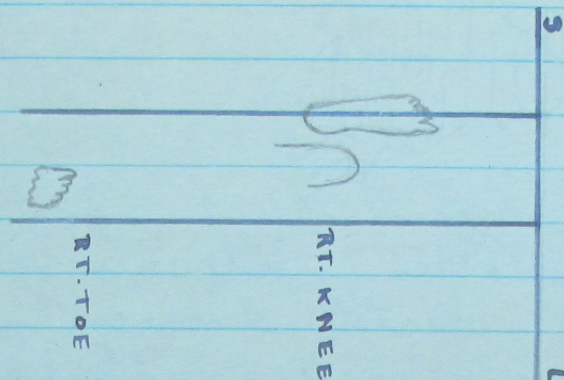
1. Stand with the feet close together and just touching the starting line. Mark the outside of each foot. Through these two marks draw lines at right angles to the starting line. Your starting holes will be on these lines.



(Most sprinters start with left foot in front, but if you find it more comfortable to start with the right foot do so.)

2. Place your left foot on the left line you have just made, about 4 to 6 inches behind the starting line. The distance will vary according to the length of your leg.

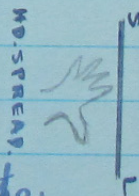
Kneel down on the right knee, placing the knee close to the ball or opposite the instep of the left foot.



3. Now place the first finger of each hand on the starting line. Now keeping the hands in position, move the left foot forward or backward until you have found your most comfortable position. Then mark the place on the lines where the toes of both feet rest, and there dig your starting holes. These should be as wide as your running shoes, and deep enough to take all the spikes - upright at the back especially the one farthest away from the starting line, and sloping towards the starting line. This position must be quite comfortable.

4. Setting set.

On the command "set" raise the right knee off the ground, and throw the whole weight of the body on the left leg and the hands, at the same time looking at a point just in front of the starting line



where your first stride will be. Don't raise the head and look down the course. It is no use attempting the actual start until you can do the above two actions really well.

The Start

On the crack of the pistol, spring from your starting holes & get into your correct stride at once, making quite sure that you make full use of your arms & shoulders with the very first stride. On the command "set" your body is nearly parallel with the ground, don't raise the body too quickly at the start; do it gradually with each stride, taking from 25 to 30 yd. to reach the correct position for running at full speed - 75 degree angle. If you raise the head and look down the course in the "set" position the body will rise too quickly - keep the eyes on the spot where the first step is to be taken from the "set" position.

The Finish

Run beyond the tape - it puts you out of your stride & wastes energy.

Practise the finish - a common fault is to ease up just before reaching the tape - that is when you should make your biggest effort. 100

Keep your correct style round past the tape.

Things like breaking the take with your hands, or throwing your arms interrupt the leg action. A drop finish is when the body is thrust forward from the hips when about two strides from the take. Ease up gradually so as not to put too great a strain on the muscles of the heart.

Discus throw.

Stand - with legs spread, the left foot in advance of the right. Grasp discus with right hand, steadied with the left, above the left shoulder. Swing it backward ~~to~~ outward in right hand, bending arm over small of the back. Swing arm back & out palm down, until it is opposite the side, turn upward, swing forward & release the discus. Discus spins clockwise off the hand, being thrust up & out by the index finger.

Javelin throw.

Javelin is grasped at the middle & held with left arm above the shoulder. To throw, right foot falls back with weight of body on it, right arm holding javelin is stretched back, elbow slightly bent, left arm with elbow high & forearm parallel to the javelin, javelin pointing over shoulder. To release javelin, left arm jerks forward swinging the hips to the front, right arm swings up in starting position & follows through, releasing javelin upwards. 10

Relay Racing

● Relay Racing is individual in that each runner runs her own race, a team event in that each runner must pass & receive & pass the baton during the race.

Recommended distance for girls is 220 yd., each runner doing 55 yd. A longer race can be arranged accordingly.

Relay Racing is competitive & stimulates team spirit. Requirements are 1) sprinting ability 2) skillful passing of baton 3) knowledge of standing & running start 4) placement of runners

Pursuit Relay - sprinting form.

First person starts from crouch position.

● Sprinting form should be practised.

First person holds baton in left hand with firm grip & by lower end.

Grip on baton in crouch start position.

- 1 - Sustain body balance in "get-set" position of crouch start, grasp baton with 2nd & 3rd fingers against palm. Thumb, 1st & 4th fingers sustain weight.
- 2 - Grasp baton in thumb & 1st fingers. All 4 fingers rest on ground & sustain body weight.
- 3 - Grasp baton at lower end. Weight rests on other end.

● Passing the Baton -

Rule-line is drawn 10 yd. on either side of starting mark for 2nd & 3rd & 4th. In this area, baton is passed.

The Passer

- 1 - Baton held in left hand at lower end.
- 2 - In standing start, baton is held in perk position.

In semi-standing & running, transfer, baton held in horizontal position at time

- 3 - Passer runs on right of receiver
- 4 - Passer should keep running straight ahead after transfer - avoid collision.
- 5 - Passer should extend left arm forward for passing, two strides away from runner. Runner assumes exaggerated body lean.

- 6 - Passer makes sure of runner's hold before releasing baton.
- 7 - Passer should diminish speed while making pass. Receiver acts accordingly.

The Receiver

- 1 - Receiver waits at midway point of 20 yd. passing zone, unless passer seems tired.

- 2 - Two methods of receiving baton.
 - a) standing & semi-standing start.
 - b) running start.

- 3 - Receiver should not alter running course from straight line.

- 4 - Baton transferred to left hand when received, in order to make a pass.

- 5 - Receiver must not cross foul line before exchange is made.

- 6 - Receiver should increase speed as soon as baton is secured.

Starting Methods

Standing start

Simplest & safest start - not the fastest

Receiver stands with feet apart, left foot leading, & both knees slightly bent. Trunk is bent forward, twisted to right. Head turned so eyes will be on passer. Right hand is stretched back with hand open, ready to grasp baton.

Essential factor is to take and maintain a well-balanced position, so that push-off with left leg can be made, as baton is received.

Semi-standing position

Almost the same, only that when passer nears, receiver starts into her stride, maintaining the twisted upper body, to keep eyes on passer, until baton is secured.

Running Start

Differs in the following respects. Receiver awaits passer at beginning of 20 yd. zone. Left leg leads, with right foot about 2 ft. to the rear & a little to the side (balanced). Upper body faces front, head turned to watch oncoming runner. Right arm extended backward, elbow uppermost & palm upward-turned.

Receiver matches speed of oncoming runner during last part of race & estimates her speed. Receiver starts off as passer approaches, keeping right arm extended



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